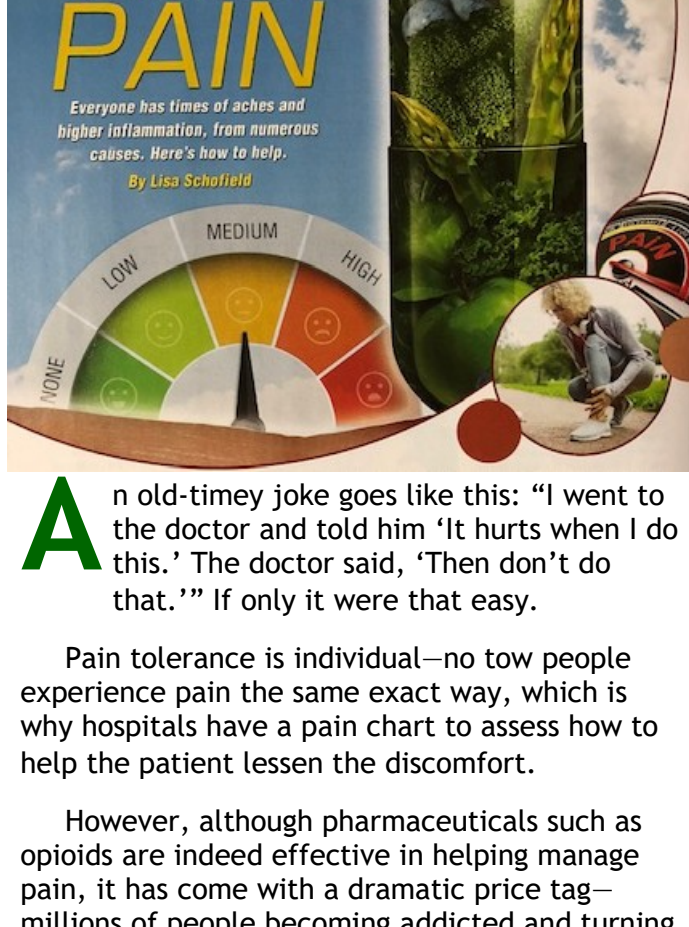


# PLANET HEALTH'S NEWSLETTER



An old-timey joke goes like this: “I went to the doctor and told him ‘It hurts when I do this.’ The doctor said, ‘Then don’t do that.’” If only it were that easy.

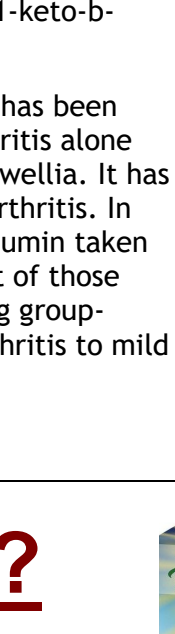
Pain tolerance is individual—no two people experience pain the same exact way, which is why hospitals have a pain chart to assess how to help the patient lessen the discomfort.

However, although pharmaceuticals such as opioids are indeed effective in helping manage pain, it has come with a dramatic price tag—millions of people becoming addicted and turning toward illegal drugs, such as heroin, to continue not only the pain numbing but a feeling of euphoria.

The National Institute on Drug Abuse notes that 130 people die each day from opioid overdoses, and this number has risen dramatically. Between 1999 and 2017, opioid overdose fatalities increase from 8,048 to 47,600, at a newly estimated cost of \$78.5 billion per year. Nearly 12 million people in the United States misuse opioid medication.

## Key Products

There are many products touted for management of aches and pains, and many of those that work to do so by addressing inflammatory response. Two of the biggest are Curcumin/turmeric and CBD.



EuroPharma's Curamin and Curamin Extra Strength deliver ingredients that relieve pain right away and help stop the inflammatory damage that causes pain.

Curamin formulas feature BCM-95 Curcumin, which is blended with turmeric essential oils for better absorption and blood retention, plus the benefits of turmerones, including ar-turmerone, which are anti-inflammatory compounds. This Curcumin is paired a unique boswellia extract that is standardized to ensure one of the herb's most beneficial compounds, acetyl-11-keto-b-boswellic acid.

EuroPharma's Curcumin (BCM-95) has been clinically studied for rheumatoid arthritis alone and in combination with uniquely boswellia. It has also been recently studied for osteoarthritis. In the osteoarthritis study, BCM-95 Curcumin taken twice daily for pain relief, 64 percent of those taking it versus 29 percent in the drug group improved from moderate to severe arthritis to mild to moderate arthritis.

Resource: vitamin retailer magazine

## 4TH QUARTER 2019



### The CBD Wave

Millions of people are seeking CBD—both devotees and newcomers. Most of them are aware that CBD supplements can do two things: ease tension/anxiety, and manage discomfort. And the beauty is that CBD (especially THC-free) can provide these benefits without any side effects or fear of GI (gastrointestinal) damage that is incurred by NSAIDs (Nonsteroidal Anti-inflammatory Drugs).

CBD provides phytocannabinoids that connect with cannabinoid receptors in the body to reduce the stimulation of pain pathways. There is also preliminary research that using full spectrum hemp helps ease the transition off opioid medications via certain brain pathways associated with reward and addiction.

### Fights Pain And Inflammation

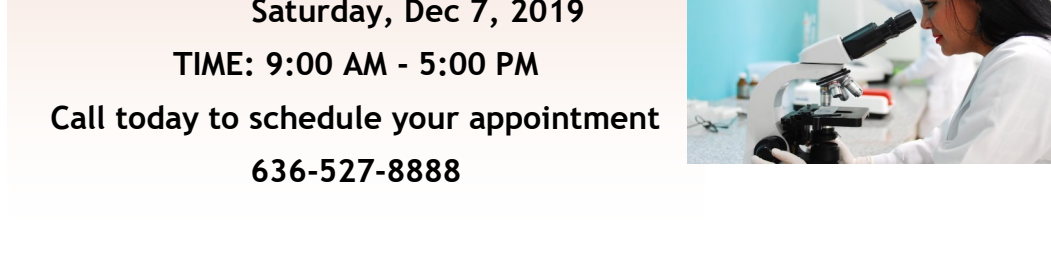
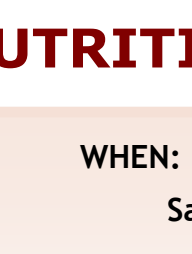
For fighting pain, hemp oil cannabinoids appear to be natural pain fighters due to their ability to reduce inflammation and modulate the brain's response to pain. In fact, it is one of the major reasons that people become interested in CBD to begin with. Since hemp oil cannabinoids help preserve our own natural endocannabinoid, British research may provide a partial answer. They found that patients with osteoarthritis and rheumatoid arthritis had elevated levels of endocannabinoids in their synovial tissue—the tissue located between joints—compared to those without those conditions.

## What's New?



### King of medicinal mushrooms

- Superimmunity against viruses
- Balances blood sugars
- Reduces inflammation
- Liver purifier & digestive tonifier
- Fights allergies and asthma
- Anti-Cancer, anti-tumor agent



- Paleo Bars
- Grass-Fed Collagen
- Non-GMO
- 5 Grams of Collagen
- Gluten Free
- Grain Free

## NOTICE

### HOLIDAY HOURS:

THANKSGIVING EVE, CHRISTMAS EVE & NEW YEAR'S EVE:

9:00AM-5:00PM

THANKSGIVING DAY, CHRISTMAS DAY & NEW YEAR'S DAY:

CLOSED

## NUTRITIONAL BLOOD ANALYSIS

WHEN: Saturday, Oct 5, 2019

Saturday, Nov 2, 2019

Saturday, Dec 7, 2019

TIME: 9:00 AM - 5:00 PM

Call today to schedule your appointment

636-527-8888



## JOIN OUR NETWORK



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